



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09530, Fruit juice smoothie, ODWALLA, strawberry banana

Report Date: June 30, 2017 06:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	87.74	2	--	87.68	87.8	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	200	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein ¹	g	0.50	2	--	0.5	0.5	--	--	--	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) ¹	g	0.32	2	--	0.29	0.36	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Ash ¹	g	0.39	2	--	0.38	0.4	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	11.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary	g	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Sugars, total ¹	g	9.90	2	--	9.85	9.96	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Sucrose ¹	g	3.48	2	--	3.45	3.52	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	2.57	2	--	2.57	2.58	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose ¹	g	3.84	2	--	3.82	3.87	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Magnesium, Mg	mg	14	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Phosphorus, P	mg	18	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Potassium, K	mg	201	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Zinc, Zn	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Copper, Cu	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015
Manganese, Mn	mg	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	09531	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	38.4	2	--	38.1	38.7	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Thiamin ¹	mg	0.050	2	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin ¹	mg	0.050	2	--	0.04	0.06	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Niacin ¹	mg	0.285	2	--	0.28	0.29	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Pantothenic acid ¹	mg	0.210	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-6 ¹	mg	0.065	2	--	0.05	0.08	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total ¹	µg	30	2	--	29	31	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	30	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total	mg	3.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	µg	169	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, IU	IU	222	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lutein + zeaxanthin	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol)	mg	8.93	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Vitamin E, added	mg	8.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lipids													
Fatty acids, total saturated	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
6:0 ¹	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0 ¹	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
12:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
14:0 ¹	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:0 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:0 ¹	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 ¹	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 c ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated ¹	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 c ¹	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c ¹	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 CLAs ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 t not further defined ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3i ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD